

CONNECTIONS



Cooperative for
Human Services Inc.
A passion for what's possible

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Updates for the friends and families of CHS

Visit us at: www.cooperativeforhs.org

Lexington Historical Site Soon To Be New Residential Home

This summer Cooperative For Human Services will operate and manage a new residential program at the Chandler-Kimball House (circa 1846), a unique home in Lexington, MA built by the region's most prominent house wrights of the time and having a storied history. In 1896 the private residence became a charitable institution for orphaned girls and in 1907 reverted back to a private home. Located minutes from Hastings Park and the J.W. Hayden Recreation Centre, it offers close proximity to historic downtown Lexington and all that the town has to offer. The home features private, ensuite bedrooms and a variety of spaces to pursue Lexington traditions such as the arts, music, reading or socializing.

Cooperative For Human Services designs continuous caring tailored to each person to help them develop the necessary skills to function as independently as possible. The transition process begins with careful listening, understanding and planning with families. Supports include highly trained, 24-hour direct care, transportation, an experienced Clinical Supports team, healthcare coordination, nursing support, case management and coordination between families, funders and providers. Services are highly unique and flexible to anticipate the person's needs as they change over time. Contact Janice Ellis-Ballerini, Director, Clinical Services 781-507-3962 to learn more about this unique opportunity.



Lexington, MA

Siblings, Save this Date

The second event in our series dedicated to sibling support will take place on **Thursday, April 16th at 21 Hastings Road, Lexington beginning at 6:00 pm.**

The workshop focuses on the many facets of communication, whether with your sibling, family members, funders or provider. Multiple "tracks" will be offered which allows attendees the opportunity to choose a topic of interest and participate with other siblings in small group settings.

Communication was one of the most requested topics from our previous sibling support event survey and we look forward to an exchange of information, resources and sibling experiences. The workshop is free and open to the public.

To reserve your seat, please call
781-538-4626 ext:1213

Let's be social.

Connect with us today
and keep up to date on events,
programming, resources and
opportunities !



CHS Expands Its Support Services

Studies have shown that engagement in meaningful activities is an important factor required to create a high-quality of life. With that focus in mind, Cooperative for Human Services expanded its support services to include occupational and art therapy. Taylor Bosco, a senior at Boston University, joined CHS as an occupational therapy coordinator and Venita Figureoa, a senior at Leslie University as an art therapy coordinator. Both women currently work on a part-time basis while pursuing master's degrees in their respective fields.

Occupational therapy involves the use of assessment tools and strategies to develop, recover or maintain an individual's daily activities. Art therapy most often focuses on the creative art-making process, interpretation of the self-expression or communication expressed by the individual. Observations and feedback are then collected and shared with other support staff which then paints a broader picture of the person's interests, skills and potential needs.



Taking advantage of a warm sunny afternoon at our farm, Alfred D. gets creative in our Art Therapy program.



CHS Food Pantry Continues to Grow

Supporting individuals living on their own in the community continues to be a growing component of our services. The majority of people served live on small budgets with limited access to good nutritious food. CHS continues to expand its food pantry program to provide quality staples and pre-cooked food items at no cost to recipients through its partnership with the national Food Donation Connection. CHS currently receives donations from five grocery chains and restaurants and recently added the newly-opened restaurant, Yard House, to its list of donors. We appreciate the support of these fine partners.

CHS Awarded Best of Malden Social Workers & Human Services



Cooperative For Human Services was selected for the 2020 Best of Malden Award in the Social Workers and Human Services category by the Malden Award Program. Each year, in and around the Malden area, the program identifies and evaluates companies that it believes have achieved exceptional marketing success in their local community and operating category. These are local companies that enhance the positive image of small businesses through service to their customers and the Malden community.

The companies chosen exemplify the best of small business; often leading the category through customer service and community involvement. Collectively, these companies help make the Malden area a great place to live, work and play.

CHS has operated an office and drop-in center in Malden for many years and provides supports to individuals living in the Malden and surrounding areas. The company collaborates with town services such as the community gardens, offers high school internships and supports local cultural centers.

Devoted Father and Tireless Volunteer Retires

Roger Tulin, a resident of Lexington, has been instrumental in bringing joyful music to the individuals living at 45 Forest Street, Lexington for nearly twenty years. Roger and his wife, Marie, are parents to three daughters. Their oldest daughter, Claire, resides at Forest Street with five housemates, all with special needs.

Claire loves to sing with her dad when he plays his guitar and their duets quickly became group sing-alongs at Forest Street involving all the residents, their guests and CHS staff. Every Tuesday evening, Roger would play a versatile selection of songs ranging from 'Ring of Fire' by Johnny Cash to Bill Withers' 'Lean on Me' for about two hours. Housemate, Brian, would often accompany the group on the harmonica and Tom provided a tambourine beat.

Roger has officially retired from the guitar to focus on his health but promises to keep music a special part of the lives of Claire and her friends at Forest Street. Thank you Roger for creating a wonderful weekly tradition and sharing good songs, lots of laughs and great friendships. You will be missed!



Roger Tulin (far right) accompanies the Forest Street residents on a Tuesday evening during the Summer.

We benefit every time you shop!

- 1) Visit: Smile.Amazon.com
- 2) Select Cooperative for Human Services
- 3) Shop!



Do you have room in your heart and home for one more?

Shared living is one option of care that matches a person with a developmental disability to a home provider. As a provider, you share your life skills with an eager learner and you might also agree to provide assistance with activities of daily living, share meal preparation, provide medication oversight or help with local transportation. All of these activities help an adult with a disability to learn, grow and achieve their dreams. One question that is most often asked is about the matching process.

Question: *How is a match made between an individual interested in Shared Living and the Shared Living Provider?*

Answer: Finding the right match is the key to a successful Shared Living arrangement. Therefore, there are many steps taken to insure that an appropriate match is made. All potential Shared Living providers participate in a home study that is designed to assess their motivation in becoming a Shared Living Provider.

Considerations including family dynamics, personal interests at home and in the community, likes and dislikes, etc., are considered in relation to the individual seeking to live in a Shared Living arrangement.

Prior to any introductions, family members/guardians will have the opportunity to meet a potential Shared Living provider and visit the home. If there seems to be a potential match, the individual requiring support and the Shared Living Provider will begin spending time together. This is an opportunity for everyone to get to know each other. Visits can be scheduled in the home, community, and will include overnight visits when indicated. These visits will allow the individual seeking a Shared Living arrangement and the potential Shared Living Provider to make an informed decision about living together. If everyone involved believes the match is a good one, then a detailed transition plan will be developed.

To learn more about becoming a shared living provider, contact Christine Marshall-Bradley at 781-402-4204.

Planning for Spring!

Punxsutawney Phil, the Pennsylvania groundhog most famously known for predicting the arrival of spring, declared on February 2nd that warmer days were ahead. It's not a declaration that has been made very frequently, in fact, only 21 times in the last 100 years.

Despite the prediction of snow again or even if briskly sunny days follow, the CHS-Jackson farm staff are preparing for spring planting. Our heated greenhouse, assembled by a group of volunteer workers, is beginning to fill with seedlings. We spend the winter months evaluating the previous harvest and planning for the new organic gardens. Rotating the crops, improving the soil health and testing the water supply are all tasks that will soon take place. Depending, of course, on whether Phil's prediction comes true.



Hundreds of seeds including some of our favorites will be planted this year: green beans, peppers, tomatoes and zucchini. Share your favorite vegetable recipe with us. It could end up on our summer picnic menu!

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